## AMENDMENTS TO THE SPECIFICATION

Please amend the paragraph on page 16 between lines 19 and 23 as follows:

Any method of compression known by those skilled in the art is conceivable for this invention, including, but not limited to, using hydraulically or pneumatically powered platens or pistons to compress the fibrous matrix material. Other methods include but are not limited to using a screw or an arbor press to compress the material, using centrifugation to extract fluid and compress the fibers, or forcing the material between rollers. Regardless of the method of compression, it never involves any rotation of any piston, platen or mold.